

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
11 March 2004 (11.03.2004)

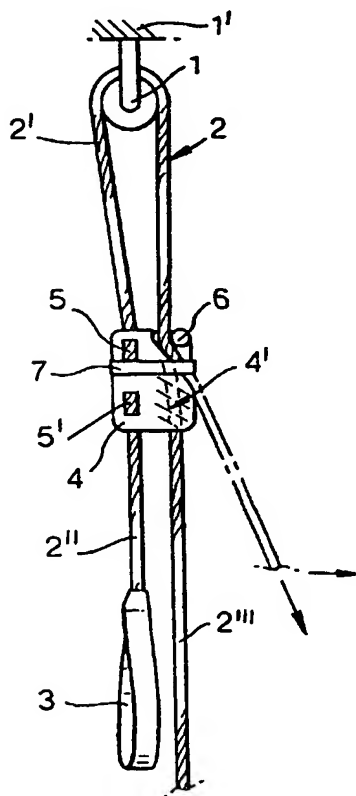
PCT

(10) International Publication Number
WO 2004/020045 A1

- (51) International Patent Classification⁷: A63B 21/00, 23/00, 26/00 (74) Agent: LANGFELDT, Jens, F., C.; Zacco Norway AS, P.O. Box 765, Sentrum, N-0106 Oslo (NO).
- (21) International Application Number: PCT/NO2003/000299 (81) Designated States (*national*): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.
- (22) International Filing Date: 27 August 2003 (27.08.2003)
- (25) Filing Language: Norwegian
- (26) Publication Language: English
- (30) Priority Data: 20024160 30 August 2002 (30.08.2002) NO
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(54) Title: TRAINING APPARATUS



(57) Abstract: A training apparatus consisting of a rope (2) which can be passed via a suspended direction reversal means (1), wherein a first part (2') of the rope is arranged to hang down from one side of the direction reversal means, wherein a handle loop (3) is provided at one end (2'') of the first part (2') of the rope, and wherein a second part (2''') of the rope is arranged to hang down from another side of the direction reversal means and is designed to form releasable engagement with a locking device (4, 4') of the key way type, so-called "Cleatlock". The locking device (4) is secured to the first part of the rope, and the direction reversal means (1) is selected from the group consisting of: a beam, a bar, a guide tube, a guide channel, a pulley and a suspension bracket.

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